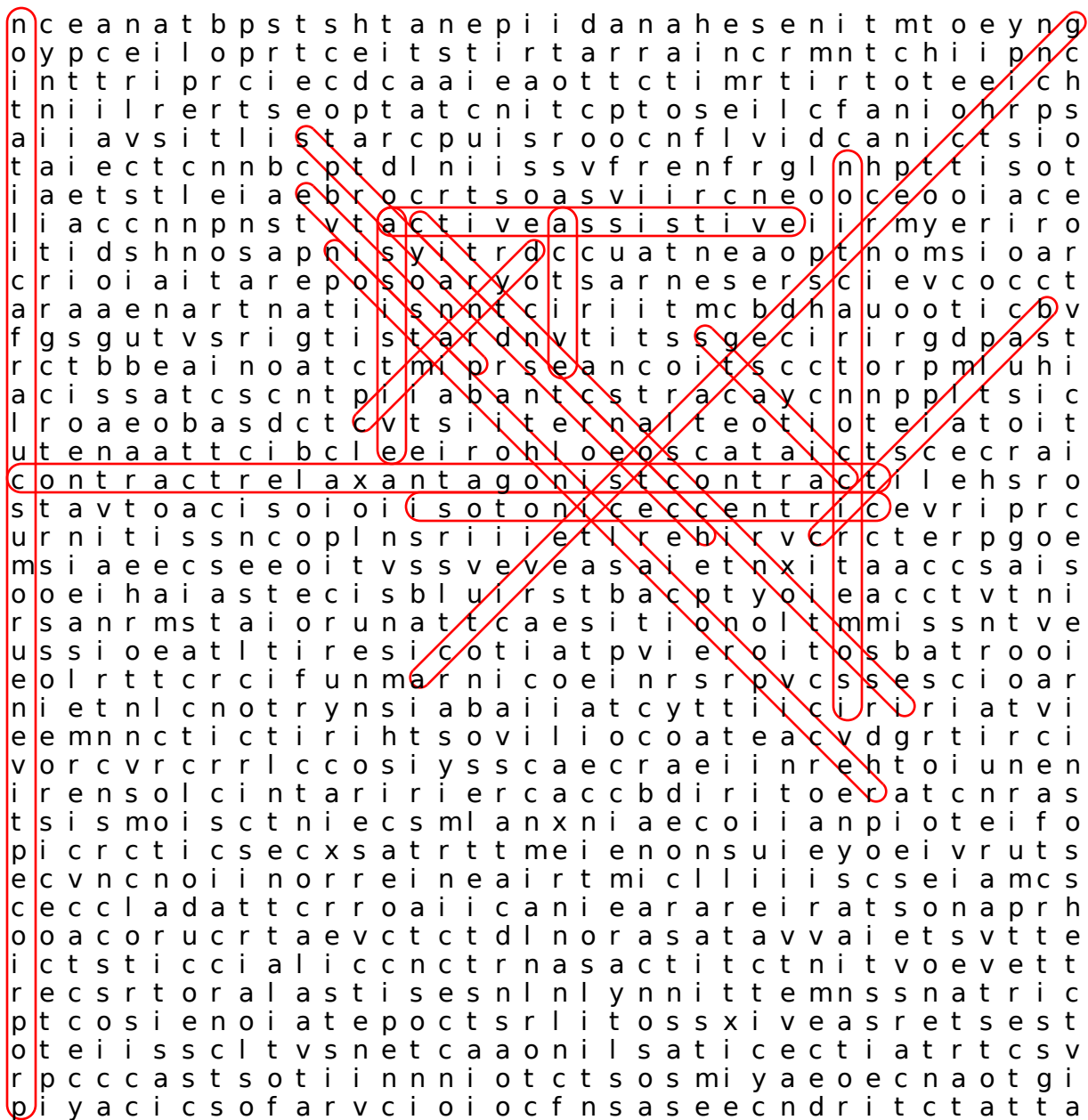


Types of Stretching

MassageNerd.com



Active
 Active Isolated Stretching
 Ballistic
 Dynamic
 Isotonic Concentric
 Passive
 Reciprocal Inhibition
 Static

Active Assistive
 Assistive
 Contract Relax Antagonist Contract
 Isometric Contraction
 Isotonic Eccentric
 Proprioceptive Neuromuscular Facilitation
 Spray and Stretch